

flu prevention and care



Don't get the flu.

Remember to:

- Wash your hands often.
- Always cover your cough and sneeze.
- Look for these signs:
 - Fever.
 - Chills or sore muscles.
 - Stuffy nose or cough.
 - Headache.
 - Sore throat.
 - Feeling very tired.



Don't spread the flu.

If you get sick:

- Wash your hands often.
- Always cover your cough and sneeze.
- Stay at home.
- Get plenty of rest.
- Drink plenty of fluids.
- Know when to see a doctor:
 - Trouble breathing.
 - Confusion.
 - Dehydration.
 - Seizures.

Don't forget to get your seasonal flu shot.

For more information, please call



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Be prepared for flu

Keep these items at home.

- 1 Thermometer
- 2 Alcohol wipes
- 3 Medicine for fever
- 4 Water and juice
- 5 Bleach for cleaning surfaces
- 6 Tissues
- 7 Hand soap or sanitizer
- 8 Trash bags
- 9 Masks for your face
- 10 List of useful Web sites and phone numbers
(such as home delivery of groceries)

For more information, please call



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